



Food Fundamentals I

Mrs. Wendt Room 382
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Course Description: Students will be provided with an introduction to food preparation for the individual and for those pursuing a career in food service. This course will focus on safety, sanitation, basic kitchen equipment and appliances, basics to nutrition, and meal planning. Students will be provided with a variety of hands on learning experiences in food preparation and production.

Related Career Fields include: Chef, Dietician, Sports Nutritionist, Restaurant Manager, Food Critic, Food Stylist, Food Photographer, Event Planner, Family and Consumer Scientist, Food Processor, Food Scientist, Food Distributor, Food Marketer, etc.

Classroom Philosophy: Food Fundamentals students are required to participate in classroom activities as an individual and as a group. Students are expected to be on time and in class every day with all materials needed to complete assignments. All assignments and projects are to be completed by the due date assigned.

In Food Fundamentals, students are expected to be self-managed and self-monitoring learners and will be held responsible for their actions. Differentiated Instruction will be used to ensure that all learning styles are accommodated. Students will be able to apply knowledge and strategies gained in the classroom to real world situations. All school policies will be followed.



Major Course Goals:

1. Investigate Food Safety and Sanitation in order to prepare food safely.
2. Identify various kitchen utensils, equipment and appliances found in the kitchen in order to properly select, care and demonstrate basic functions.
3. Demonstrate the use of standardized recipes and proper measurement techniques.
4. Identify food sources, gather relevant information about various food products, and explain current trends in food production.
5. Develop an understanding of the Principles of Nutrition.
6. Investigate fruits and vegetables.
7. Evaluate the components of home meal management.
8. Investigate various careers in Foodservice.

Required Materials:

- Folder
- Paper
- Writing Utensils
- Planner
- Lab Uniform requirements

Extra Help:

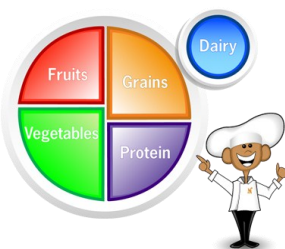
All students will have the opportunity to receive extra help from the instructor on set days before and after school or by request of the student.

Extra Help Days:

- Mondays: 3:15pm—4:15 pm
- By appointment

Redo Policy:

"Redo" work indicates that the work was completed on time, but not at a level that is satisfactory to the expectations given. High quality work is expected and students will be given the opportunity to redo work until it meets stated standards.

**Late Work:**

Late work will be accepted; however, a deduction of 5 points will be taken the first 1-5 school days late. A deduction of 10 points will be taken at 6-10 school days late. Work completed more than 10 days after the due date will not be accepted.

Grading Policies:**Grading Components:**

1. Class Work
2. Labs
3. Exams
4. Projects

Semester Work = 80%
Semester Exam = 20%

Grading Scale:

A = 100% - 90%
B = 89% - 80%
C = 79% - 70%
D = 69% - 60%
F = 59% and below

Overall Grading Rubric:

GRADE	PERFORMANCE DESCRIPTORS
A	Work is complete and turned in on time; absentee work is made up in a timely manner according to the planner. Work shows beyond a proficient understanding of the material. Student follows directions. Student voluntarily participates in class often.
B	Work may be complete and turned in on time; absentee work may be made up in a timely manner according to the planner. Work shows a proficient understanding of the material. Student follows all directions. Student voluntarily participates in class sometimes.
C	Work may be complete and turned in on time; absentee work may be made up in a timely manner according to the planner. Work shows some understanding of the material. Student may follow directions. Student participates in class when called on by the teacher.
D	Work may be complete and turned in on time; absentee work may be made up in a timely manner according to the planner. Work shows little understanding of the material. Student may follow directions. Student seldom participates in class even when called on by the teacher.
F	Work is not complete and turned in on time; absentee work is not made up in a timely manner according to the planner. Work does not demonstrate an understanding of the material. Student does not follow directions. Student never participates in class.

"Until I discovered cooking, I was never really interested in anything."

-Julia Child

